**Beef Stuffed Zucchini**

Yield: 4 portions

4 medium LOCAL zucchini

1 lb ground beef

½ large onions, finely chopped

¼ red pepper, finely chopped

1 Tbsp. olive oil

¾ cup tomato sauce

1 egg beaten

¼ cup breadcrumbs

1 cup shredded Swiss cheese

oregano, salt and pepper to taste

Pre-heat oven to 350F

Cut zucchini in half lengthwise. Cut a thin slice from the bottom of each zucchini to allow the zucchini to stand steady. Using a spoon remove some pulp in the middle of the zucchini.

Place zucchini on a baking sheet and bake in the oven for a 3 to 5 min.

In the meantime, sauté onions in oil in a large skillet. Add red pepper and ground beef. Let simmer for at least 15 min., add tomato sauce and seasonings. Simmer for another 10 to 15 min. Stir in eggs and breadcrumbs.

Spoon the meat sauce into each zucchini, sprinkle with the Swiss cheese and bake in oven for another 10 to 15 min.